

DOCUMENT RESUME

ED 095 111

SP 008 288

AUTHOR Darwick, Judith
TITLE Beginning Water Skiing, Physical Education: 5551.70.
INSTITUTION Dade County Public Schools, Miami, Fla.
PUB. DATE 71
NOTE 35p.; An Authorized Course of Instruction for the Quinmester Program
EDRS PRICE MF-\$0.75 HC-\$1.85 PLUS POSTAGE
DESCRIPTORS Athletic Equipment; *Athletics; *Curriculum Guides; *Physical Education; *Recreational Activities; Sportsmanship; *Teaching
*Quinmester Program; Water Skiing
IDENTIFIERS

ABSTRACT

This course outline is a guide for teaching basic skills of water skiing and the accompanying essentials of boat and equipment safety in grades 7-12. The course format includes lectures, dry land and in the water skills practice, films, guest speakers, observation of learned skills, and written tests that focus on care and operation of equipment, safety principles for skier and boat driver, and mastering and demonstrating the basic skills of skiing on two skis and one ski. Course content includes the following: (a) history of water skiing, (b) terminology, (c) description of water skiing, (d) social and ethical values, (e) equipment and skiing area, (f) safety procedures, (g) rules and procedures, and (h) techniques and fundamentals. Warm-up and conditioning exercises, drills and skills practice techniques, and novelty skiing and variations are illustrated. Resources for teacher and students are recommended. Procedures for giving a skills test are outlined. (An eight-item bibliography is included.) (PD)

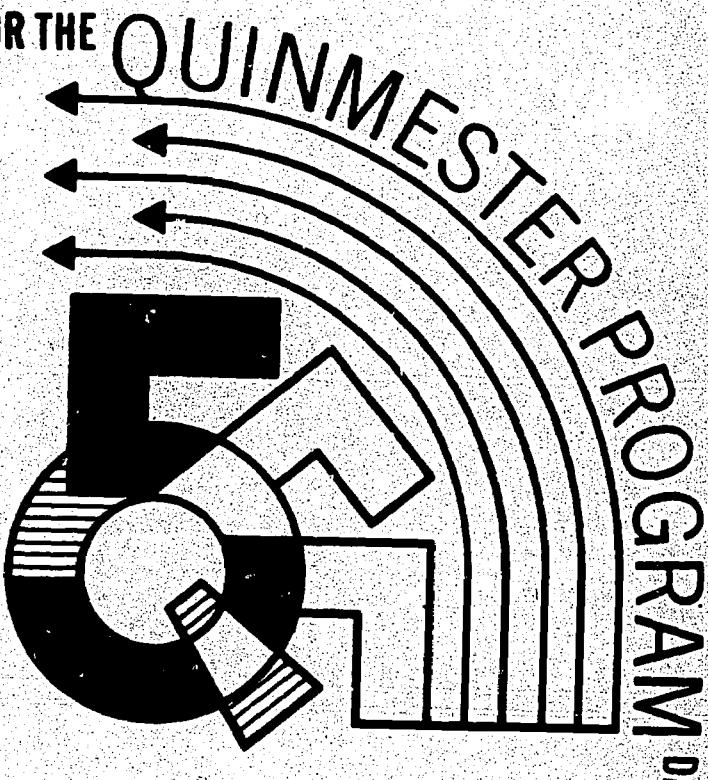
ED 095111



AUTHORIZED COURSE OF INSTRUCTION FOR THE

U.S. DEPARTMENT OF HEALTH,
EDUCATION & WELFARE
NATIONAL INSTITUTE OF
EDUCATION

THIS DOCUMENT HAS BEEN REPRO-
DUCED EXACTLY AS RECEIVED FROM
THE PERSON OR ORGANIZATION ORIGIN-
ATING IT. POINTS OF VIEW OR OPINIONS
STATED DO NOT NECESSARILY REPRE-
SENT OFFICIAL NATIONAL INSTITUTE OF
EDUCATION POSITION OR POLICY.



PHYSICAL EDUCATION

Beginning Water Skiing

5551.70	5561.70
5552.70	5562.70
5553.70	5563.70
5554.70	5564.70
5555.70	5565.70
5556.70	5566.70

500282882882

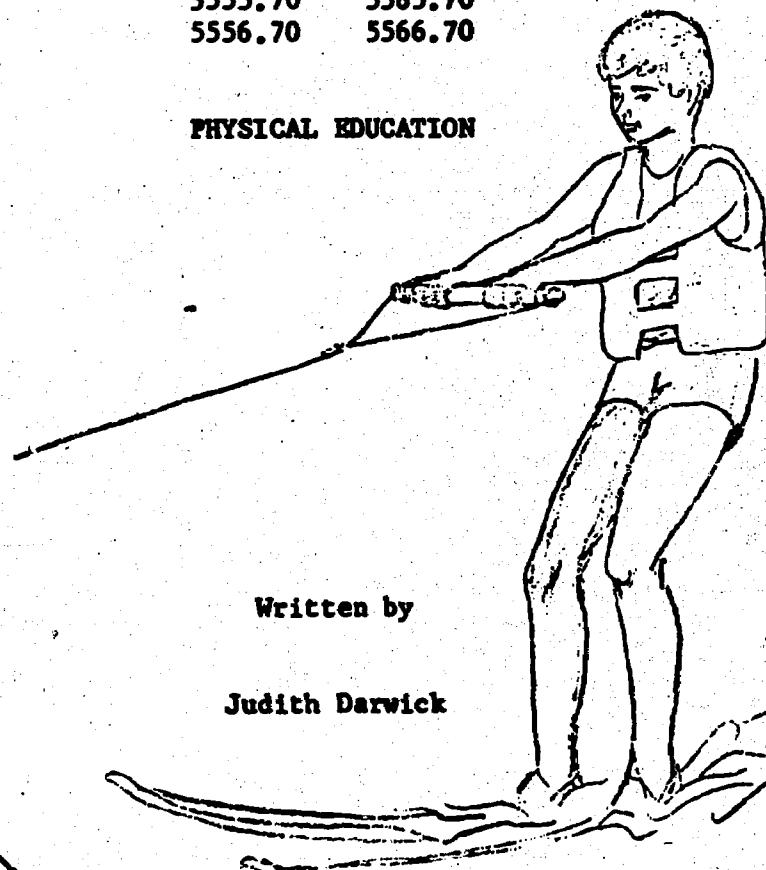
DIVISION OF INSTRUCTION • 1971



BEGINNING WATER SKIING

5551.70	5561.70
5552.70	5562.70
5553.70	5563.70
5554.70	5564.70
5555.70	5565.70
5556.70	5566.70

PHYSICAL EDUCATION



Written by

Judith Darwick

For The



**DIVISION OF INSTRUCTION
Dade County Public Schools
Miami, Florida
1971**

DADE COUNTY SCHOOL BOARD

**Mr. William Lehman, Chairman
Mr. G. Holmes Braddock, Vice-Chairman
Mrs. Ethel Beckham
Mrs. Crutcher Harrison
Mrs. Anna Brenner Meyers
Dr. Ben Sheppard
Mr. William H. Turner.**

**Dr. E. L. Whigham, Superintendent of Schools
Dade County Public Schools
Miami, Florida 33132**

Published by the Dade County School Board

Copies of this publication may be obtained through

**Textbook Services
2210 S. W. Third Street
Miami, Florida 33135**

TABLE OF CONTENTS

	Page
I. COURSE GUIDELINES	1
A. Student Classification	
B. Grade Level	
C. Level of Performance	
D. Suggested Prior Experiences	
E. Subject Status	
F. Length of Unit	
II. COURSE DESCRIPTION AND BROAD GOAL	2
A. Description	
B. Methods and Evaluation	
C. Area of Concentration	
III. COURSE OF STUDY BEHAVIORAL OBJECTIVES	
A. Observed Skills Objective	
B. Basic Skills Objective	
C. Course Content Knowledge Objective	
D. Social and Personal Attitudes Objective	
IV. COURSE CONTENT	4
(This section may be duplicated for distribution to students).	
A. History of Water Skiing	
B. Terminology	
C. Description of Water Skiing	
D. Social and Ethical Values	
E. Equipment and Skiing Area	
F. Safety Procedures	
G. Rules and Procedures	
H. Techniques and Fundamentals	
V. LEARNING ACTIVITIES AND TEACHING PROCEDURES	15
A. Recommended Warm-Up and Conditioning Exercises	
B. Drills and Skills Practice Techniques	
C. Novelty Skiing and Variations	
D. Suggested Structure of Activities	
E. Recommended Resources of Teaching	
F. Recommended Resources for Pupils	
VI. EVALUATION PLANS	23
VII. APPENDUM	27
VIII. BIBLIOGRAPHY	31

BEGINNING WATER SKIING

I. COURSE GUIDELINES FOR COURSE NUMBER	5551.70	5561.70
	5552.70	5562.70
	5553.70	5563.70
	5554.70	5564.70
	5555.70	5565.70
	5556.70	5566.70

- A. Student Classification: Coeducational
- B. Grade Level: 7 - 12
- C. Level of Performance: Beginning
- D. Suggested Prior Experiences: Experienced Swimmer
- E. Subject Status: Elective
- F. Length of Unit: 9 weeks

II. COURSE DESCRIPTION AND ACCREDITATION STANDARD BROAD GOAL

Junior High: 9.8416 (1) a,b,d,f,h,i,j
Senior High: 9.9420 (1) a,b,c,d

A. Description

Beginning water skiing is designed to teach the basic skills of water skiing and the accompanying essentials of boat and equipment safety. These basic principles when learned will permit the student to safely enjoy many hours of skiing and provide a good foundation upon which to learn more advanced skiing skills.

B. Methods and Evaluation

The course will consist of lecture, dry land and in the water practice of skills, film presentations, guest speaker, observation of learned skills and written test.

C. Areas of Concentration

Class period will be devoted to the care and operation of equipment, safety principles for skier and boat driver, mastering and demonstrating the basic skills of skiing on two skis and one ski.

III. COURSE OF STUDY BEHAVIORAL OBJECTIVES

A. Observation Skills Objective: 40% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a,s
Senior High 9.9420 (2) a,b

All students will demonstrate ability in beginning water skiing skills and the principles of safety which will be developed during class periods by means of practice and class discussion. The majority of students will display sufficient ability to enjoy water skiing and will be measured by the competencies described in the identification of each skill listed in the course content. Each student's progress and performance in the skills listed below will be evaluated by teacher judgement by observation, checklist, and/or annotation.

- a. Adjusting equipment
- b. Shallow water takeoff
- c. Safety signals
- d. Boat observer
- e. Skier's salute
- f. Tournament teamwork

2. State Accreditation Standard: Junior High 9.8416 (2) c,t
Senior High 9.9420 (2) c,d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-f.

B. Basic Skills Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a,s
Senior High 9.9420 (2) a,b

All students will participate and be rated in at least three skills tests and the majority of students will achieve an average or better score. These tests will be set up and administered according to the scoring and procedure specifications listed in Section VI or other authoritative sources.

- a. Knot tying
- b. Putting on skis
- c. Takeoff and fall
- d. Crossing the wake
- e. Jumping the wake
- f. Dropping one ski

2. State Accreditation Standard: Junior High 9.8416 (2) c,t
Senior High 9.9420 (2) c,d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-f.

C. Course Content Knowledge Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a,s
Senior High 9.9420 (2) a,b

All students will respond in writing to a test on water skiing and the majority of students will achieve an average or better score. This test will represent 20% of the unit grade and will be based on the Beginning Water Skiing Quintmaster Unit course content and class discussion, and will include some questions in all of the following areas.

- a. Background
- b. Terminology
- c. Selection and care of equipment
- d. Safety procedures
- e. Rules
- f. Basic techniques

2. State Accreditation Standard: Junior High 9.8416 (2) c,t
Senior High 9.9420 (2) c,d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-f.

D. Social and Personal Attitudes Objective: 20% of Unit Grade

1. State Accreditation Standard: Junior High 9.8416 (2) a,s
Senior High 9.9420 (2) a,b

Social and personal attitudes displayed by all students will be evaluated by observation, checklist and/or annotation by the teacher through the entire unit, and it will represent 20% of the unit grade. The teacher will motivate an atmosphere wherein the majority of the students will respond to this development and exhibit desirable behavior. This evaluation will be based on the following social and personal attitudes:

- a. Alertness to class procedures and activities.
- b. Cooperation with teacher and others.
- c. Self control
- d. Consideration of others
- e. Responsibility of another's safety
- f. Willingness to participate
- g. Leadership

2. State Accreditation Standard: Junior High 9.8416 (2) c,t
Senior High 9.9420 (2) c,d

At least 75% of the students are able to demonstrate the proficiencies listed in 1. a-g.

IV. COURSE CONTENT

(This section may be duplicated and distributed to students).

A. History of Water Skiing

Water skiing is not, as one might think, an outgrowth of snow skiing. Water skiing actually got its start from aquaplaning. An aquaplane is a door-like board which is towed by a boat. The rider controls the board by shifting his weight from side to side while steadyng himself by a bridle attached to the board.

An American, Fred Waller, is given the title "Father of Water Skiing". On October 5, 1925, he was granted the patent for his invention the "Dolphin Akwa-Skees". The Akwa-Skees were actually 2 narrow aquaplanes with each attached by bridle to the boat's tow line. The skier held a line attached to the toe of the skis. Soon after this, Waller invented the free tow skis which required the skier's feet to be secured in binders while the skier was pulled by a line attached to the boat. This equipment was very similar to the equipment used today.

As skiing grew the American Water Ski Association (AWSA) was formed to supervise competitive skiing tournaments, to encourage the growth of skiing and to promote safe water skiing and boating. The World Water Ski Union serves water skiing internationally.

B. Terminology

1. **Ball.** A buoy or floating marker used to define a slalom course, gate buoy, tow boat course, trick course, or jumping course.
2. **Barefooting.** Skiing without skis upon the surface of the water.
3. **Binder.** Equipment used to hold the feet on the skis. Can be a toe and heel piece, or only a toe piece.
4. **Boat Gate.** Marker buoys used to indicate to driver boat's course when entering a slalom course.
5. **Bridle.** That part of the ski line from the handle to a point where it joins the single tow line.
6. **Combo.** Pair of Conventional skis, with one fitted with a slalom fin and toe binder.
7. **Fin.** A wooden or aluminum attachment located on the bottom rear part of the slalom ski for better stability and maneuvering-ability.

8. Handle. Used by the skier to hold the tow line.
9. Jump Jacket. A buoyant jacket fitting across the shoulders and around the chest to give added protection and flotation.
10. Lee Shore. Is that portion of the shore which is protected from the wind. The smoothest water will be found near the lee shore.
11. Line. The rope used to tow the water skier.
12. Mixed Doubles. A competition show event for a girl and boy.
13. Observer. A person in the tow boat responsible for watching the skier. The observer must relay any message from the skier to the boat driver and notify driver if skier falls.
14. Pick Up Boat. A motor boat with 2 occupants placed near the water course during a tournament to pick up a fallen skier.
15. Ramp. An inclined plane used for jumping.
16. Runner. A keel attached to the bottom of the skis and jumping skis for control and maneuverability.
17. Saucer. A disc-shaped piece of plywood used by a person holding onto a tow line.
18. Skeg. (See Runner).
19. Skier's Salute. A trick in which one ski is lifted out of the water and held forward.
20. Slalom. A ski designed as a single ski, or a zig zag course marked by buoys.
21. Splice. A means of joining two pieces of rope.
22. Tricking. Maneuvers performed on skis shorter than regular skis. Lack of runners allow skis to turn around.
23. Turn Circle. Turnaround area for boat and skier at the end of a slalom course.
24. Wake. The wave caused by the boat going through the water.

C. Description of Water Skiing

Water skiing is one of the fastest growing water sports appealing to young and old alike. It offers almost immediate enjoyment to the beginning skier and a challenge to the intermediate and advanced skier. As a leisure time sport, it provides an

excellent means of developing physical fitness, and enjoyment of fresh air and sunshine. Water skiing offers a wide range of skills from the basic skills of using two skis to more difficult skills of skiing on a slalom, jumping, tricking, and even skiing barefoot.

D. Social and Ethical Values

1. Water skiing is a leisure time activity adaptable for two or more people, boys or girls, groups of all types, and family outings.
2. Safe water skiing demands the cooperation of a competent boat driver, an alert observer and the water skis.
3. The wide range of skills water skiing offers provides activities that all can enjoy from young to old, small or large, beginning to advanced skier.
4. Water skiing on a regular basis provides an excellent means of developing shoulder, arm and leg strength, endurance and coordination.

E. Equipment and Skiing Area

1. Equipment

- a. Boat. A good ski boat should be highly maneuverable, light, and capable of pulling a water skier approximately 36 M.P.H. Low freeboard will make boarding from the water easier. The boat interior should allow for easy access to ski line and a seat facing the rear of the boat for the observer. A speedometer is helpful in pulling beginning skiers and is invaluable for trick and slalom skiing. The tow line should be attached to a center tow bar, or a bridle attached to the stern.
- b. Skis. A pair of water skis for the beginner should be approximately 6' long and 6 $\frac{1}{2}$ " wide. The binders should be easily adjustable and free of sharp or protruding edges.
- c. Tow Line. The tow line should be 75' long and made of hollow braid 12 strand polypropylene. The single tow bar should be 12" to 18" long.
- d. Flotation Devices. A ski belt or jacket made of foam with vinyl covering is preferred. The ski jacket offers greater flotation and protection.

2. Skiing Area

The area for water skiing can be any water area, ocean, bay, lake or canal sufficiently large enough to permit boat and skier turning space and to provide for some straightaway skiing. The area should be free of underwater and above water obstructions. A sloping, sandy beach is important for teaching beginning skiing.

F. Safety Procedures

1. Skier should be sufficiently skilled in swimming to maintain buoyancy until assistance arrives.
2. A flotation device must be used at all times.
3. Skis should be free of sharp, or protruding edges.
4. Tow line should be in good condition and not frayed. Tow handles with a foam rubber covering are easier on the hands.
5. Boat and engine should be in good operating condition and should be checked regularly for equipment fatigue.
6. Exercises that stretch the body should be used to warmup the body before skiing.
7. Conditioning exercises for the arms, shoulders and legs are important.
8. Boat driver, observer and skier must observe rules of safe boating and skiing, and be courteous to others.

G. Rules and Procedures

1. Boat Driver. The boat driver must be thoroughly familiar with the controls and maneuvering of the boat. Complete attention must be given to safe handling of the boat and skier. A wide angle rearview mirror will aid in observing the skier on takeoffs. Local laws require that an observer or mirror be used when pulling skiers. An observer is much preferred. Dade County ordinances also prohibit boating within 100 yards of guarded beaches and maintained park areas. The boat driver must:
 - a. Return immediately to a fallen skier.
 - b. Approach a skier in the water on the driver's side of the boat.
 - c. Turn off engine when skier enters boat.
 - d. Never takeoff until the skier says, "Hit it".
 - e. Drive according to the skier's ability.
 - f. Never start engine with anyone in the water near the stern of the boat.
 - g. Never follow directly behind another skier.
 - h. Avoid congested areas and drive away from fixed or floating obstructions above or underwater.
 - i. Never sit on gunwales or back of seat. This also applies to passengers.
 - j. Always be courteous and use common sense.
 - k. Never increase speed when bringing a skier in.
 - l. Never drive with tow line trailing boat. Tow line must be pulled into boat when not in use.

2. Observer. The observer must watch the skier at all times and relay any signals from the skier to the driver. The driver must be notified immediately in case of a fall. The observer must also help get the tow line to a skier in the water and pull in tow line after a skier drops off.
3. Skier. A flotation device must be worn at all times and by skiers of any skill level. The ski jacket is preferred, and is a necessity for the beginning skier and for jumping. The skier must:
 - a. Look ahead and stay clear of any solid or floating obstacles or objects, such as, piers, docks, other boats, swimmers, fishermen, debris, or skiers.
 - b. Raise hands clasped above head to signal that you are all right after falling.
 - c. Run parallel to the shore and settle slowly into the water when returning to shore. Never run up onto the shore with skis on.
 - d. Never ski at night.
 - e. Never wrap tow line or bridle around body or limbs.
 - f. Never ski in shallow water except to take off and to land.
 - g. Know the signals used to communicate with the boat driver.
 - h. Hold up a ski after falling if other boats are near.

4. Signals

- a. "In Gear". Take up slack in tow line.
- b. "Hit It". Apply power for takeoff.
- c. Skier is all right. Hands raised and clasped overhead.
- d. Speed is O.K. Thumb and forefinger together forming a circle.
- e. Speed required. The exact speed desired. If 25 M.P.H. is wanted with one hand put up two fingers and then in a second motion show five fingers.
- f. Faster. Thumb up.
- g. Slower. Thumb down.
- h. Turn around. Circle extended finger overhead.
- i. Cut engine. Draw hand across throat.
- j. Stop. Hand raised like a policeman stopping traffic.
- k. Back to dock. Arm by side with finger pointing down.
- l. Skier in water. Lift one ski out of water for better visibility by other boaters.
- m. Turn (left or right). Hand and arm held up then point in direction desired.

H. Techniques and Fundamentals

1. Knots

- a. Bowline. This knot is used to attach tow line to boat or in tying boat to dock. It is especially important because it can always be easily untied, yet is very secure.
 - (1) Step one. Make a loop in the line. Bring end of line through the loop from the bottom to the top.



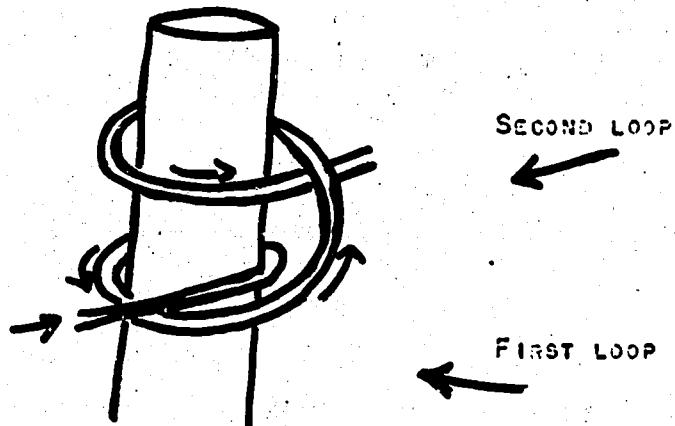
(2) Step two. Pass end of line behind the top straight portion of line.



(3) Step three. Continue end around and pass it through loop. Pull it tight. This little ditty may help in learning the bowline. "Rabbit out of his hole, 'round the tree and back in his hole again."



b. Clove hitch. This knot is used to secure docklines to piling. It consists of two loops that will pull tight.



- c. Cleat Hitch. This knot is used to secure dock line or tow line to a cleat.
 - (1) Step one. Make one round turn around base of cleat.
 - (2) Step two. Loop line around ends of cleat forming a figure eight pattern.
 - (3) Step three. Loop a half hitch over one end of cleat.

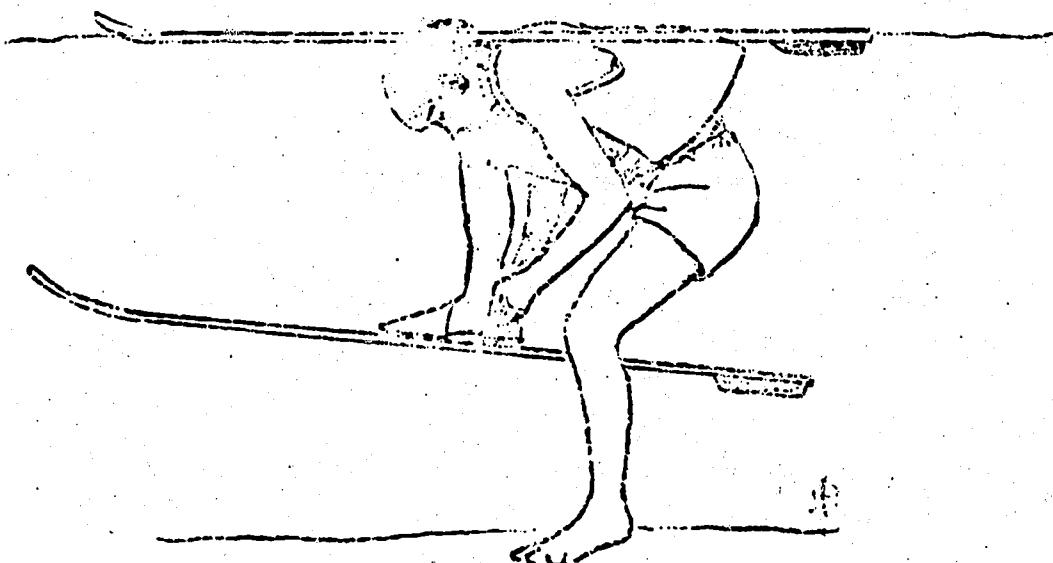
2. Putting Skis on.

Wet skis and feet. Adjust skis to fit snugly. Flatten heel binder to one side then slide foot into front binder. Lift heel then with both hands pull heel binder over rear of heel.

In deep water the procedure is the same except that the buoyancy of the skis may cause some problems. Before putting on the first ski be sure that the other is close at hand. Take a deep breath, push the first ski underwater and tuck up with face in the water. Two hands must be used to slip foot into the binder. Repeat the same procedure for the second ski. While waiting for the tow line, lean back slightly and let tips of skis float near the surface of the water. The tow line will be trailed to the skier.

Common faults:

- a. Attempting to use only one hand.
- b. Second ski gets away from skier.



3. Takeoff

Tuck up with knees up against the chest. Skis should be about 6" to 8" apart with the tips out of the water. Arms must be straight with knees between arms (Fig. 1). Tow line handle is held so that the line passes between the two skis. "In Gear" signals the driver to take up the slack in the tow line, then if the body is still in a good balanced position call out, "Hit It". As the boat accelerates lean back slightly against the pull of the boat staying down in the tuck position. As the skis begin to plane come to a stand with arms and back straight (Fig. 3). Knees must remain slightly bent to act as shock absorbers (Fig. 4).

Common Faults:

- a. Body not tucked on "Hit It".
- b. Leaning too far back.
- c. Leaning too far forward.
- d. Pulling arms into body.
- e. Attempting to stand too early.
- f. Knees too straight.

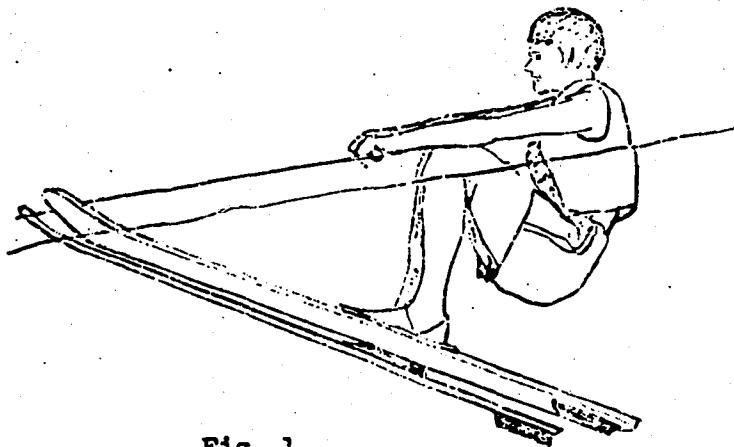


Fig. 1



Fig. 2



Fig. 3



Fig. 4

4. Falls, Landings and Stopping

Falling is part of learning to water ski and usually is not dangerous. Avoid falling forward as the skis might be hit or the skis might hit the skier. If a fall is inevitable drop the tow line and tuck body with head, arms and legs in. Fall backward or to the side. Give "Skier is all right" signal as soon as possible after falling.

When returning to dock or shore, run parallel to the landing area. Drop tow line handle, bend knees and settle slowly into the water. Arms should be used to maintain balance.

Knowing how to stop is important if the skier misjudges his speed or if unexpected obstacles are present. After dropping the towline, squat down on skis and drop (Fig. 5) hands to the water. A deliberate fall might even be necessary. Collisions with fixed or floating objects can be very dangerous as can landing onto a sandy or rocky beach.



5. Crossing the Wake

Water skis are guided much the same way as a bicycle. If the skier wants to go the left, the weight is shifted left. Shift weight right to go to the right. To cross the wake approach the wake at an angle as the edges of the skis might dig in if parallel to it. The knees bend and give as the wake is crossed. Follow the same procedure for returning across the wake to a position behind the boat. In learning to cross the wake and learning to cut sharply the skier experiences the thrill of increased speed and being able to control his own speed.

Common Faults:

- a. Crossing the wake with skis parallel to it.
- b. Knees too straight or locked.
- c. Weight too far forward.
- d. Weight too far back.
- e. Pulling arms into body.

6. Skier's Salute.

The skier's salute is the first step in learning to ski on one ski. It should be learned on both feet but when progressing to a single ski one foot will be more natural than the other.

Shift weight to one foot. Lift the free leg bringing knee toward chest. Flex ankle to lift the tip of the ski. Lean back against the pull of the boat. Do not allow tip of ski to drop when returning it to the water.

Common Faults:

- a. Failing to shift weight to one foot.
- b. Tip of ski dropping when being lifted or returned to the water.
- c. Leaning forward.
- d. Pulling arms into body.

7. Jumping the Wake

The feeling of being airborne is another exciting experience of water skiing.

First practice springing out of the water following directly behind the boat. Bend knees keeping arms and back straight. Forcefully extend knees so that skis "pop" out of water. Bend knees upon landing.

The next step is to jump the wake. Begin behind the boat. Shift weight to cut toward wake. Bend knees and ride up the wake. Slightly before the curl of the wake, straighten the knees, springing into the air. The combination of leg extension and the elevation of the wake lifts the skier. The skier must lean back slightly and keep the tips of the skis up in flight. Bend the knees to cushion the landing. The wake can be jumped from the outside in, also.

Common Faults:

- a. Knees not bent when approaching wake.
- b. Springing too early.
- c. Springing too late.

- d. Leaning forward.
- e. Dropping tips of skis.
- f. Legs straight upon landing.

8. Dropping one Ski

The skier's salute is learned first. The skier should use a ski with a toe binder so that the free foot can be secured on the single ski.

Following behind the boat the skier when ready to drop a ski shifts the weight to one foot. The heel is lifted and the foot gently lifted from the binder letting the ski fall away. Do not jerk the foot from the ski binder. The free foot trails at the side to help maintain balance. Lean back slightly. Without looking place the free foot in the toe binder behind the front foot. Lean back so that the weight is distributed over both feet. Keep arms straight. As confidence is gained on one ski (slalom), begin changing directions and cutting the wake. Slalom skiing is one of skiing's greatest thrills.

Common Faults:

- a. Failing to shift weight to one foot.
- b. Jerking free foot from binder.
- c. Pulling arms into body.
- d. Looking down.
- e. Supporting leg too straight.
- f. Failing to shift weight to rear foot after it is placed in binder.

V. LEARNING ACTIVITIES

A. Recommended Warm-Up and Conditioning Exercises

1. Four Count Arm Swing

- a. Body areas. Arms and shoulders.
- b. Position. Stand erect arms extended up.
- c. Procedure.
 - (1) Count 1. Arms extended forward.
 - (2) Count 2. Arms extended to side.
 - (3) Count 3. Arms extended forward.
 - (4) Count 4. Arms extended up.
 - (5) Repeat 10 times at a moderate tempo.

2. Eight Count Coordinated Arm Swing.

- a. Body areas. Arms and shoulders.
- b. Position. Stand erect with arms extended up.
- c. Procedure.
 - (1) Count 1. Arms extended forward.
 - (2) Count 2. Arms extended to side, shoulder level.
 - (3) Count 3. Arms extended forward.
 - (4) Count 4. Right arm up, left arm down at side.
 - (5) Count 5. Arms extended forward.
 - (6) Count 6. Arms extended to side, shoulder level.
 - (7) Count 7. Arms extended forward.
 - (8) Count 8. Left arm up, right arm down at side.
 - (9) Repeat 5 times at moderate tempo.

3. Side Bends

- a. Body areas. Waist
- b. Position. Stand erect in side stride position right arm up and the left at side.
- c. Procedure. Bounces to left side 4 times. Reach with right arm while bouncing. Bounce to right 4 times. Left arm reaching, right arm down at side. Repeat 5 times each side. Change count bouncing one count right then one count left. Continue for eight counts.

4. Body Bounces.

- a. Body areas. Waist, back and legs.
- b. Position. Stand erect in side stride position. Arms extended up.
- c. Procedure. Turn at waist to right, bend and touch right little toe bouncing 4 counts. Bounce center 4 counts placing hands flat on ground. Bounce 4 counts left touching left little toe. Stand with arm extended up 2 counts. Repeat 4 times.

5. Leg Stretches

- a. Body areas. Legs and back.
- b. Position. Stand erect with feet together, arms extended up.
- c. Procedure.
 - (1) Count 1. Squat down keeping heels on ground. Place hands flat on ground.
 - (2) Count 2. With hands flat on ground, extend legs until straight.
 - (3) Count 3. Stand with arms at side.
 - (4) Count 4. Lift arms sideward to extended position up.
 - (5) Repeat 5 times.

6. Jumps

- a. Body areas. Legs.
- b. Position. Stand erect, feet slightly apart, arms down.
- c. Procedure.
 - (1) Count 1. Bend to half squat, trunk slightly forward
 - (2) Count 2. Spring into air by extending hips, knees and ankles.
 - (3) Jump 10 times.

7. Toe Touch to Sit Up

- a. Body areas. Legs, back and abdominals.
- b. Position. Lying on back, arms extended to side.
- c. Procedure.
 - (1) Count 1. Lift legs straight continuing up and back until toes touch ground beyond head.
 - (2) Count 2-3-4. Legs return to beginning position. Keep legs together and straight.
 - (3) Count 5. Sit up and touch toes.
 - (4) Count 6. Return to beginning position
 - (5) Repeat 10 times.

8. Pushups

- a. Body areas. Legs, shoulders and arms.
- b. Position. Stand erect, arms at side.
- c. Procedure. Keeping legs straight:
 - (1) Count 1. Place right hand on ground.
 - (2) Count 2. Place left hand beyond right hand.
 - (3) Count 3. Move right hand forward.
 - (4) Count 4. Move left hand even with right hand. Body should be extended horizontally. Do two pushups.
 - (5) Count 5-6-7-8. Walk hands backward returning to a stand on count 8.

B. Drills and Skills Practice Techniques

1. **Knot Tying Drill.** Each student has a 3' length of rope. The instructor calls out knot to be tied. Students work to be the first to tie knot correctly.
2. **Signals Practice.**
 - a. Students with partners. One student gives a signal. The other student must identify the signal given. Practice all signals.
 - b. Students with partners. One student names a signal. The other student must give the correct signal. Repeat until all signals are used.

3. Dry Land Takeoff Drill.

On dock or beach skier puts on skis and jacket. Skier sits on back of skis with knees tucked to chest, back straight, and arms straight holding tow handle. The instructor pulls on tow line. The skier uses the legs to slowly lift the body to a stand. Arms and back must remain straight and knees slightly bent. Practice this several times until the skier is depending upon the pull of the tow line to do the work. When skier is in a standing position, the instructor can drop the tow line. The skier will fall if weight is too far forward or backward.

4. Equipment Drill.

In chest deep water with jacket on, practice adjusting skis to fit and putting them on. Float with ski tips near the surface of the water. In this position turn around 360°. Practice this until skier shows confidence in putting skis on and exhibits ability to control skis.

5. Braking Drill.

On dock or beach skier with skis and jacket on. Skier holds tow bar which is secured by a short line to a post. Standing in good skiing position, the skier drops the tow handle and squats down with knees to chest extending arms down by the side. Face palms forward to cup water. Practice until skier can drop line and squat with good balance.

6. Dropping One Ski Drill.

On dock or beach skier with skis and jacket on. Skier holds tow handle which is secured by short line to a post. Standing in good skiing position, the skier shifts the weight to one foot keeping knee slightly bent. Lift heel from ski to be dropped. Gently lift foot from binder without jerking. Without looking place free foot in toe binder. Practice to gain smooth ski drop, correct placement of free foot into toe binder and shift of weight over both feet.

7. Jumping Drill.

On dock or beach skier with skis and jacket on. Skier holds tow handle which is secured by short line to a post. Standing in good skiing position, the skier flexes knees to a half squat then springs into the air. Practice until skier can lift skis off ground and maintain good balance.

C. Novelty Skiing and Variations.

1. Skiing with Rope Between Legs.

Take pull off handle by pulling on tow line with one hand. Place handle behind knees. Skier can steady self by holding onto tow line. When balanced the skier stands with arms free.

2. Shoe Skis.

Shoe skis are not much longer than the ski binders. Taking off poses additional problems because of the lack of surface area. One method of takeoff is for the skier with the shoe skis on to straddle a regular ski. The skier assume the takeoff position for two skis. As the boat accelerates the regular ski helps to lift the skier and falls away as weight is taken on the shoe skis. Tricks to learn: Single shoe skiing, turning around 360°, and skiing backward.

3. Saucer.

The saucer is a round wooden disc. It can be ridden lying down, sitting or standing. The principles of turning around are easily learned on the saucer. To turn around 360°, pull tow handle to body keeping the tow line tight. Jerking or overpulling tow line will cause slack in the tow line. Release grip with one hand and turn body keeping tow handle about hip level. When backwards free hand regrasps tow handle. Release grip with other hand to continue 360°, turn and return to beginning position. If standing knees stay slightly bent.

4. Team Games. Class is divided into two teams with each member attempting to earn points for the team championship. The boat driver is considered part of the team and adjusts boat speed to suit the skier and the event.

a. Stop at the Line Contest. An imaginary line extends from the beach or dock to a marker floating 50' out on the water. The boat whips off and skier releases tow handle. The skier must glide toward the imaginary line and stops as close as possible to it.

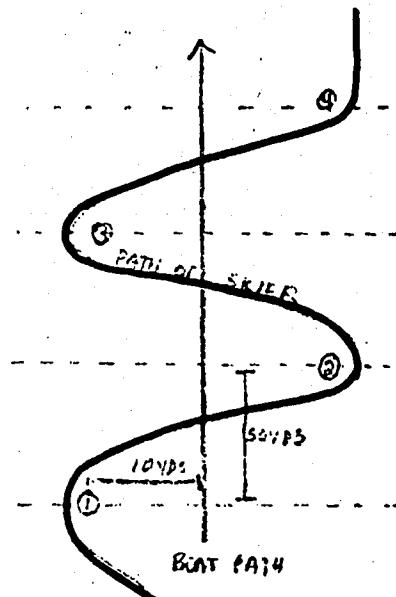
Closest - 5 points
2 nd - 3 points
3 rd - 2 points
4 th - 1 point

b. Ball Pick-up. The observer in the boat has 3 tennis balls and tosses them into the water one at a time. The skier earns a point for each ball picked up.

c. Skier's Basketball. Mount a plastic trash can to a platform attached to an inner tube and float in water away from shore. Skier has 2 tennis balls. Making 2 passes by the basket each time attempting to place a ball in the basket. Skier earns 2 points for each ball that stays in the basket.

Variation. The observer in the boat has 2 tennis balls. One ball is tossed into the water. Skier must pick up the ball, ski by basket and place ball in the basket. Repeat the same procedure for the second ball. Skier earns 2 points for each ball that stays in the basket.

d. Slalom Run. (One or two skis may be used). Skier is pulled through the slalom course. A point is earned for each marker rounded. Markers can be made out of plastic bleach bottles and held in place by a weighted line. Markers can be placed as diagrammed below or placed randomly in the water.



D. Suggested Structure of Activities.

- 1. Teaching of any subject can be approached in a number of ways.**
 - a. Inductive Approach.** Teaching the parts to the whole. Skills and safety rules for beginning water skiing are thoroughly explained, demonstrated, and practiced through drills and other activities before the student progresses to actual skiing.
 - b. Deductive Approach.** Teaching from the whole to the parts. Explanation, demonstrations, and drills are held to a minimum as concentration is on teaching an overall view of beginning water skiing. The student is moved more quickly to actual water skiing skills, and drills and reviews accent the daily activities.
 - c. Combination of Deductive and Inductive Approaches.** This combination of approaches allows the student to get an overview of the activity and an understanding of the basic skill. When student is later moved into the actual skiing situation, drills, demonstration, and explanations are injected as a planned sequence and whenever the progress of the student indicates the necessity of a review or introduction of a new skill. This combination approach enables the student to see the relevance of the drills to his personal development concurrent with the building of physical skills necessary to ski.
- 2. The purpose of the following grouping of material is written strictly as a point of reference. Teacher preference, school facilities, group ability and group progress should dictate the sequence of presentation.**
 - a. Introduction of equipment.**
 - (1) Boat.
 - (2) Tow line
 - (3) Ski jacket (or belt)
 - (4) Skis
 - (5) Skiing area
 - b. Fundamental skills**
 - (1) Takeoffs
 - (2) Stopping
 - (3) Skier's salute
 - (4) Crossing wake
 - (5) Jumping wake
 - (6) Dropping one ski
 - (7) Signals
 - c. Presentation of sport**
 - (1) History
 - (2) Description of activity
 - (3) Safety procedures
 - (4) Courtesies and responsibilities
 - (5) Social values

- d. Rules and procedures
 - (1) Boat driver
 - (2) Observer
 - (3) Skier
- e. Games and tournaments
 - (1) Novelty games and activities
 - (2) Class tournament

E. Recommended Resources of Teachers.

NOTE: The following lists are not exhaustive, nor are they intended as recommendations for purchase. Each teacher should preview and evaluate materials before using them. Titles of films and filmstrips that may be ordered from Dade County Audio-Visual Services are followed by catalog numbers. Forms for ordering these materials may be obtained from the school's audio-visual representative.

1. Books

- a. Anderson, G. E. Water Skiing. N. D. MacMillan Co.
- b. Boy Scouts of America. Water Skiing. North Brunswick, New Jersey, 1970. Merit Badge Series. This Book can be purchased at department stores carrying Boy Scout Material for 45¢.
- c. Dorwin, Tom and Pearsal, William. The Young Sportsman's Guide to Water Skiing. Nelson, 1961.
- d. Gabrielson, M. Alexander, Spears, Betty, and Gabrielson, B. W. Aquatics Handbook. Englewood Cliffs, New Jersey, Prentice-Hall, Inc., 1968.
- e. Hardman, Thomas C. and Clifford, William D. Let's Go Water Skiing. New York, New York, Hawthorn Books, Inc., 1965.
- f. Hester, Ralph. Instant Water Skiing. New York, New York. Grossett and Dunlap.
- g. Sens, Milton. Water Skiing With Champions. Write: Diamond Lake Marine, Mundelein, Illinois, 60060. \$1.95 plus 25¢ postage.
- h. Tyll, Al. The Trick of Water Skiing. 1 Fawcett Place, Greenwich, Connecticut. Fawcett Publications.

2. Magazines, Guides and Bulletins

- a. American Water Ski Association. Have More Skiing Fun. Winter Haven, Florida, AWSA, 1967. (Series of 17 "How-To" booklets, \$3.00. Can order directly from AWSA.
- b. American Water Ski Association. Official Tournament Rules. Winter Haven, Florida, 1970.
- c. Hardman, Thomas C. The Water Skier. Official Publication of the American Water Ski Association. Box 191, Winter Haven, Florida, 33880. (Published seven times a year.

F. Recommended Resources For Pupils

1. Study Guide (Course Content).

2. Books

- a. Gabrielson, M. Alexander, Spears, Betty, and Gabrielson, B. W. Aquatics Handbook, Englewood Cliffs, New Jersey, Prentice-Hall, Inc., 1968.
- b. Hardman, Thomas C. and Clifford, William D. Let's Go Water Skiing. New York, New York, Hawthorn Books, Inc., 1965.
- c. Pope, Dick. Water Skiing. Englewood Cliffs, New Jersey, Prentice-Hall, Inc., 1958.

3. Magazines, Guides and Bulletins

- a. American Water Ski Association. Official Tournament Rules. Winter Haven, Florida, 1970.
- b. Hardman, Thomas C. The Water Skier. Official Publication of the American Water Ski Association. Winter Haven, Florida.

4. Other

- a. Greater Miami Ski Club. Christopher Lake, Miami, Florida.
- b. University of Miami Ski Club. University of Miami, Coral Gables, Florida.

VI. EVALUATION PLANS

A. Skill Tests

1. Knot Test (Bowline, Clove Hitch, and Cleat Hitch).

- a. Purpose. To measure the accuracy in tying the 3 knots useful to the water skier.
- b. Equipment.
 - 3' length of rope
 - 1 cleat
 - 1 post
- c. Procedure. Student must tie each knot 3 times. Each knot is untied before repeating it or going on to the next knot. The knot must be tied correctly to receive a point.
- d. Scoring. The score for the entire test is the total points scored in the 9 trials.

Excellent: 8-9
Very Good: 6-7
Average: 4-5
Fair: 2-3
Poor: 0-1

2. Putting On Skis Test

- a. Purpose. To measure ability to control skis and speed in putting them on in deep water.
- b. Equipment.
 - Ski jacket
 - Skis (2)
 - Boat
 - Stop watch
- c. Procedure. Small groups of skiers can be taken by boat to deep water. Skiers should not be able to touch bottom. Skier begins in water with jacket on and skis floating on surface within easy reach but not touching skis. Skis are pre-adjusted to fit skier being tested. On the signal "Go" the skier starts putting on skis as quickly as possible. Time stops when tips of both skis which are on skier's feet are out of the water and skier is in tucked position for takeoff. Do not stop watch if skier is thrashing around, or legs are straight. Arms may be used at side for balance. A second trial is repeated after a period of rest.
- d. Scoring. The score for the test is the best (shortest) time received in the two trials.

3. Takeoff and Fall Test

- a. Purpose. To measure ability to control skis on takeoff and falls.

b. Equipment.

Boat

Tow line

Ski jacket

Skis

c. Procedure. Skier begins with skis on in deep water. On the "Hit It" signal from the skier, the boat accelerates. (Skier sets desired speed). Skier takes off demonstrating good balance and control. On a signal from the instructor in the boat, the skier releases the two handle and settles into water showing control and balance. Repeat takeoff and release procedure two more times.

d. Scoring. On takeoff skier earns:

2 points: For good balance and control
(No or only slight imbalance).

1 point: For fair control (some imbalance).

No points: If fall on takeoff

On releasing skier earns:

2 points: For good control (glides and settles into water).

1 point: For fair control or almost fall.

No points: If fall before or after release signal is given.

Excellent: 11 - 12

Very Good: 9 - 10

Average: 6 - 8

Fair: 3 - 5

Poor: 0 - 2

4. Wake Crossing

a. Purpose. To measure ability to cross wake with control and speed.

b. Equipment.

Ski jacket

Boat

Tow line

Skis

Stop watch

c. Procedure. Boat runs a straight course at a speed requested by the skier. Time starts on a signal from the instructor in the boat after the skier is up and the boat is on a straight course. The skier attempts to cross the boat's wake moving from behind the boat to one side and returning across the wakes to the opposite side of the boat. Time continues for 30 seconds when the "stop" signal is given by the instructor. A wake crossed after the stop signal will not be scored. Each skier will have two trials of 30 second each.

d. **Scoring.** The skier earns a point for each wake crossed moving to the outside or inside. The skier earns a point if a fall results after crossing the wake but not before it. If the skier falls before the 30 seconds is ended that trial is over. The best score of the 2 trials is recorded.

5. Jumping the Wake

a. **Purpose.** To measure the ability to control the skis in jumping the wake.

b. **Equipment.**

Ski jacket

Boat

Tow line

Skis

c. **Procedure.** Boat runs a straight course at a speed requested by the skier. Beginning behind the boat the skier cuts to the outside and attempts to jump the wake so that the skis clear the water. After a good balanced position is regained the skier cuts back to wake jumping it. Each skier will have three trials at jumping the wake from inside to out and from outside to in.

d. **Scoring.**

Excellent: Skis clear water on both jumps.

Average: Skis clear water on only one jump.

Poor: Skis do not clear water on either jump.

The best jumps of the three trials is recorded.

6. Dropping A Ski

a. **Purpose.** To measure the ability to control one ski.

b. **Equipment.**

Ski jacket 1 regular ski

Boat 1 slalom ski

Tow line Stop watch

c. **Procedure.** Boat runs a straight course at a speed requested by the skier. The skier begins behind the boat. Time starts when the skier drops one ski and continues for 30 seconds. At the stop signal the skier can drop off or be returned to the dock. Each skier has 3 trials to ski on one ski for 30 seconds.

d. **Scoring.** The score for this test is pass or fail. The skier must ski on one ski for 30 seconds within one of the 3 trials.

WATER SKIING CHECKLIST

Names of Students	Comments																																
Written Test																																	
Social & Personal Skills	Leadership																																
Skill Tests	Participates																																
Observed Skills	Consideration																																
	Responsible																																
	Self Control																																
	Cooperation																																
	Alertness																																
	Drop One Ski																																
	Jump Wake																																
	Cross Wake																																
	Takeoff and fall																																
	Skis on Knot																																

APPENDUM

Recommendations of the Instructor

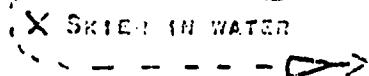
1. Instructors should be free to teach and should not have to drive the boat. Therefore, competent boat drivers must be secured from the faculty, students or parents. Boat drivers should be checked out before the course starts to be sure that they are thoroughly familiar with the operation and handling the boats. Traffic patterns for skiing must be established. Boat drivers must be primarily concerned with the safety of the skier, and other boats and skiers in the general area. The turning propellor of an engine is extremely dangerous even in neutral.

Recommended boat speeds:

Beginning Skier	18-22 MPH
Skier on 2 skis	20-25 MPH
Beginner dropping one ski	20-24 MPH
Skier on a slalom	24-34 MPH
Saucer	10-13 MPH
Trick skiing	13-18 MPH

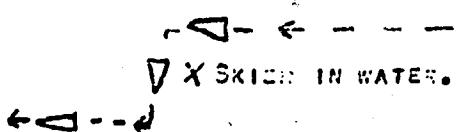
Trailing tow line to skier. After a skier falls the tow line need not be pulled into the boat but can be trailed to the down skier. If the boat driver wants to continue in the same direction that they were going the skier should be approached slowly and kept in view at all times. When along side the skier, the boat is turned sharply 180° keeping the skier to the inside of the arc. The tow line will trail to the skier. Take boat out of gear before handle gets to the skier to allow him time to get set for takeoff.

BOAT SLOWLY APPROACHES SKIER



ORIGINAL AND CONTINUED DIRECTION OF BOAT.

If the boat driver wishes to go in a direction opposite from the one before the skier fell, slowly approach skier. When just past the skier turn sharply 90°, continue about 10 yards then again turn sharply 90° in the opposite direction. As the stern of the boat swings the tow line will be trailed to the skier.



Handy Reminder: Do not put boat in reverse with tow line trailing behind. The line may be forced underwater and become tangled around the prop.

2. The instructor should not try to assist a beginning skier by skiing along side unless thoroughly experienced in this method of teaching. Good assistance can be given to a beginner learning to takeoff in shallow water by helping to keep skis straight, handling the tow line and checking for correct body position before takeoff.

BLOCK CALENDAR

<p>FIRST WEEK FIRST WEEK Background Safety ^{and} Signals Shallow water takeoff Stopping ^{water} Knots Kneels</p>	<p>SECOND WEEK Deep water takeoff Crossing wake Review</p>	<p>THIRD WEEK Crossing wake Skier's salute Review</p>
<p>FOURTH WEEK FOURTH WEEK Jumping the wake Review</p>	<p>FIFTH WEEK Jumping the wake Saucer or other novelties Review</p>	<p>SIXTH WEEK Dropping one ski</p>
<p>SEVENTH WEEK SEVENTH WEEK Dropping one ski Games</p>	<p>EIGHTH WEEK Skill testing</p>	<p>NINTH WEEK Tournament Written test</p>

RAINY DAY ACTIVITIES

1. Knot tying games and practice.

2. Films.

3. Review.

Signals

Responsibilities of boat driver, observer, and skier.

4. Lecture.

New skills analysis

Games description

Tournament rules

5. Discussions on safe boating.

6. Quiz

BIBLIOGRAPHY

Books

Boy Scouts of America. Water Skiing. North Brunswick, New Jersey: Merit Badge Series, 1970.

Gabrielsen, M. Alexander, Spears, Betty, Gabrielsen, B. W. Aquatics Handbook. 2nd Edition. Englewood Cliffs, New Jersey: Prentice-Hall, Inc., 1968.

Hardman, Thomas C. and Clirrod, William. Let's Go Water Skiing. New York, New York: Hawthorn Book, Inc., 1965.

Magazines, Guides and Bulletins

American Water Ski Association. The Water Skier. Winter Haven, Florida: August-September, 1965, p. 34-37.

American Water Ski Association. The Water Skier. Winter Haven, Florida: February-March, 1969, p. 16-18.

McDaniel, Wanda. Beginning Badminton. Miami: Dade County Public Schools, 1971.

State Department of Education. Accreditation Standards for Florida Schools. Tallahassee: Section Four, Junior High, 1971.

State Department of Education. Accreditation Standards for Florida Schools. Tallahassee: Section Five, Senior High, 1971.